

Sixty Plus News

Vol 42 Number 1

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JANUARY 2015

MISSION STATEMENT: *The Townsend Council on Aging is committed to the continued growth and well being of our senior citizens by providing programs, education, information and referral services with a goal of helping seniors achieve the best quality of life possible.*

From the Desk of the Director -

Happy 2015!

Can you believe the New Year is already upon us? As many of you, I'm not necessarily a big fan of New Year's resolutions. There's often the assumption, expectation even, that we should be doing more and doing it better. Resolutions can feel heavy rather than inspiring. Maybe instead of hurrying into 'what's next,' we should all pause, take a few deep breaths and do some gentle reflecting before moving on to New Year's resolving. The culture we live in continually has us on the go. It seems we rarely take time to sit down and feel a sense of completion; an awareness of accomplishment. That's a problem. Think about it - if we never really feel 'done' with anything, how can we experience a sense of satisfaction in life? Many feel they don't have time to pause, to designate a time to rest, but truly there is nothing more essential for moving forward. "You can't know where you're going until you know where you've been." I challenge you to give yourself the small gift of time to simply look back over the year, see how far you've come and reflect on the growing you've done. One January day, simply take an hour or so to sit with your journal or a piece of paper. Make a list of all that you accomplished last year, situations or challenges you made it through, stuff you worked hard on, undertakings that are done, things you're proud of yourself for. Let your memory re-open to all the small details and circumstances. No 'if only's' or 'but's' allowed. Through the compassion and self-acknowledgment that result from the process, new intentions will flow onto a meaningful new year's 'resolution' list. Acknowledge what worked and went well for you this year. Let that be the motivation that propels you into the new one.

There are new things going on at the Senior Center. Dive into the newsletter and discover them or simply come on in. It's always good to see you!

Karin Canfield Moore



Cribbage Tournament Thursday, January 8, 2015 9:00 AM

\$5.00 entry fee (to be divided for prizes)
Open to all area cribbage players...just drop in.



Senior Center Policy... There is no membership charge to attend the senior center and it is open to and welcomes seniors from other towns. Age requirement is 60 and over. Some **classes** charge an instructors' or supply fee and there is a suggested donation for our lunch program. **The Friends of the Townsend Seniors** is an organization that helps support the senior center, provides our trips and helps some of our special programs and needs. Membership for the Friends is \$5.00 a year for individuals and \$10.00 for a family, \$25.00 for a benefactor and \$100.00 for a lifetime membership. The Council on Aging and Senior Center appreciates all that the Friends do for us.

This Newsletter is on the Senior Center website at www.townsend.ma.us/seniors

Townsend Council on Aging

Townsend Senior Center
16 Dudley Road
Townsend, MA 01469

Mon.-Thurs. 9:00-3:00
Fri. 9-2
(978) 597-1710

Karin Canfield Moore, Director
Linda Salisbury, Program Coord.
Donna Howard, Lead Van Driver
Donna Fenton, Kitchen Manager/
Volunteer Coord.

**TOWNSEND ECUMENICAL OUTREACH
FOOD ASSISTANCE PROGRAM**

TEO is our local food assistance program for those Townsend residents needing a helping hand. Did you know that TEO has a monthly food distribution program? It is held on the 3rd Saturday of each month. To apply for assistance, call Laurie at 978-597-2549 and she will send you an application.

**Council on Aging Board meeting is
Monday, January 13 at 10:30 AM at the Senior
Center.**

**Genealogy Club with Dwight Fitch will be held in
Meeting Hall B on January 9th at 10:30 AM. Join
anytime; no need to sign up. No Charge.**

**Drop-in Programs.. No need to Register in
Advance.**

Qi Gong, Chair Exercise, Yoga, Rummikub, Hand & Foot
cards, Grief Support Group, Bingo, Cribbage, Birthday
Party, Women's Meditation, Line Dancing, Genealogy,
Scrabble, Book Club, Healthy Eating Club.

**Please check the calendar for dates and times of these
programs.**

Thursday Cribbage Program

Nov. 20: Leona Sanford & Peter Salisbury: 359
High Hand: Jan Johnson-24

Dec. 4: Erika Roy & Peter Salisbury: 349
High Hand: Ed Jette-24

Dec. 11: Ed Jette & Dick Perra: 363
High Hand: Beverly Johnson-23

**The SHINE Counselor, Ann will be at the Senior
Center on Monday, January 12, 2015. Please call
Karin to schedule an appointment.**

FOR YOUR HEALTH....

**Well Adult Clinic...January 7th, 2015...Free blood
pressure screening...1:00-3:00 PM**

Hearing Clinic...Wednesday, January 21, 2015.
Schedule an appointment between 10:00 AM- 12:00 PM.
No Charge.

Massage...January 6th and 27th, 2015. You must sign
up in advance for a 30 minute appointment. Cost...
\$20.00

Reflexology...January 16th, 23rd and 30th. Sign up for
a half hour or hour appointment. Manicures and
Pedicures also available.

**Dental Clinic is back... February 19th. Sign up for a 45
minute appointment. \$53.00 or less if income eligible.**



BUS STOP

We are happy to announce that beginning January 5, 2015 the Road Runner bus will have a regular route from Atwood Acres/Townsend Woods to the Senior Center. The bus will pick up Monday-Friday at 9:00 AM at Atwood Acres/Townsend Woods and go directly to the Senior Center. Service from the Senior Center back to Atwood Acres/Townsend Woods will be at 2:00 PM.

The cost is \$.25 each way (cash only, please). Consult the Sixty Plus News to plan your day at the center!

We have lunches on Monday, Wednesday and Thursday and various activities throughout the week. Please come in or call 978-597-1710 to sign up for activities and lunches.

Book Club

The Book Club will be meeting on January 7th at 1:00 PM to discuss "Small Blessings" The next selection is "Unbroken" by Laura Hildebrand. New members are welcome at any time. Book Club meets the first Wednesday of every month. There are no fees and you do not need to sign up in advance. Just drop in. Books for the club are usually available for pick up at the Townsend Public Library.

PIZZA & MOVIES

Our Friday, "Pizza & Movie" program will be on January 9th and 23rd at noon. Please arrive at 11:45 to order pizza or bring your own lunch and beverage.

Community Supper

At The First Baptist Church in West Townsend
January 28, 2015
5:30-7:00 PM

The Community Supper is a caring ministry of The First Baptist Church of West Townsend. Our purpose is to reach out and serve the community. Please join us. There is no charge.

If you would like this newsletter mailed to your home. Please send us or drop in with \$5.00 and your complete address.

READING GROUP..... We have a group of people who spend time reading to Ed West. They meet at the Senior Center on Tuesdays at 11:00 AM.

If you would like to join in, please drop by any Tuesday morning.

HANDY MAN SERVICE...if you need help with minor repairs (i.e. changing light bulbs, repair lamps etc.) call the Senior Center and someone will be sent out to help. 978-597-1710

Join our Walking Club... with John D'Angelillo for a walk around the senior center/library and school grounds. Meet at the Senior Center at 9:30 every Tuesday morning.

Line Dancing... Class is held on Fridays from 10:00-11:00 AM. Cost is \$3.00 per session, payable weekly.
No need to sign up...just drop in.

NOVEMBER ARTS AND CRAFTS

Jewelry with P.J. will be held on Tuesday, January 6th, 13th, and 20th at 10:00 AM

Beginning Watercolor Part 2 begins on January 7th at 10:00 AM. This is a continuation of the December classes. If you are interested in a beginning watercolor class, please contact Linda. 978-597-1710

The Thursday Advanced watercolor class runs through the month of January from 10:00-12:00. There are no openings at this time.

Linda will be teaching a class to make polymer clay beads on January 12th and 26th from 1:00-3:00 PM. Cost is \$5.00.



Nashoba Tech Luncheon

Our January lunch catered by Steve Whiting and his culinary students will be held on January 20th at 12:00 Noon. Menu this month is a choice of Roast Sirloin or Balsamic Glazed Salmon. Cost for the complete lunch is \$10.00. You must purchase a ticket by January 15th. Gratuities on that day benefit the students' year end field trip.

ROAD RUNNER BUS SCHEDULE

MONDAYS: IN TOWN-SENIOR CENTER; PHARMACIES; BANKS; HARBOR MALL;
TOWNSEND DOCTOR/ DENTISTS; HAIRDRESSERS/BARBER; ETC.

TUESDAYS: SENIOR CENTER, SHOPPING DAY: WALMART (LUNENBURG); DOLLAR TREE; MARKET
BASKET

WEDNESDAYS: IN TOWN-SENIOR CENTER; PHARMACIES; BANKS; HARBOR MALL; TOWNSEND DOCTORS/
DENTISTS; HAIRDRESSERS/BARBER; ETC.

THURSDAYS: MEDICAL TRIPS TO PEPPERELL; GROTON; AYER and SENIOR CENTER.

FRIDAYS: MEDICAL TRIPS TO FITCHBURG; LEOMINSTER; LUNENBURG

MAKE MEDICAL APPOINTMENTS BETWEEN THE HOURS OF 9:30 AND 11:00 A.M.

FARES: \$1.25 ONE WAY WITHIN TOWNSEND; **BUS CARD \$22.50** Pay for nine rides, get one free.
\$1.75 ONE WAY OUTSIDE TOWNSEND; **BUS CARD \$31.50** Pay for nine rides, get one free.



Birthday Party

Join us at 1:00 PM on January 15th for cake and ice cream to celebrate January birthdays. Everyone is welcome, no matter when your birthday is. Carnations, donated by Stewart's Florist, will be given to those with a birthday in January..

IMPORTANT NOTICE....

Reservations **are a must** for those wishing to attend the Senior Lunch Program on Mondays or Wednesdays. Call by 10:00 a.m. Tuesday for Wednesday's lunch and by 10:00 a.m. Friday for the following Monday lunch. Suggested donation: \$2.25. The number to call is 978-597-1710. Thank you for your co-operation.

ALTERNATIVE COLD LUNCH... *Choice Meals* are available on **Wednesdays only**, at the MOC Lunch program. If you wish to have one of these meals which is a cold meal alternative, you must call in your reservation by the Monday before, by 10:00 AM. These meals will not come in bulk, so if only 4 ordered **Choice Meals**, only 4 will be delivered. A menu of the **Choice Meals** for each month will be available at the Reception desk. **NOTE:** In case of Monday holidays, call in the Friday before.

Our "Homemade" lunches prepared by Donna Fenton and her volunteers are held on the first three Thursdays of each month. Call by 10:00 AM on the Wednesday before the lunch you wish to attend. Suggested donation: \$3.00. Menus for all of our lunches can be found on the calendar page of this newsletter.

ADVANCE SIGN UP IS ABSOLUTELY NECESSARY FOR OUR LUNCHES.

COMING IN FEBRUARY.....Alex Moore and Aidan Canfield will be conducting an "iClass" for those who want to learn how to best use their iProducts, tablets, smart phones, etc. It will be held on February 25th and 26th. More info in the February newsletter.

Please call 978-597-1710 if you are living alone and would like a weekly phone call to check in on you.

Stretch and Tone sessions run Tuesdays & Thursdays. Cost is \$20.00 for 4 weeks and \$30.00 if you take two classes a week.

Massage will be held on January 6th and 27th. 30 minute sessions are \$20.00. Abby Foster is our Certified Massage Therapist. By appointment only...Please call 978-597-1710.

Hope Community Chorus meets Mondays at 11:00 AM
Starting on January 26th.

January 2015 Greetings from the Friends of the Townsend Seniors



Townsend Selectmen Proclaim January as "Seniors Month"

Friends of the Townsend Seniors will Host Lunch Saturday January 24th, to Honor and Celebrate All Seniors !

The January 24th lunch and festivities will take place at the Meeting Hall, 12:00 noon-2:00pm. Co-Chairman Donna Miller said plans include the luncheon, musical entertainment, and fun surprises. **There is no charge, however registration is requested.**

Please sign-up at the Senior Center desk, or call the Center at 978- 597-1710. The Lunch is open to all Townsend Seniors, as well as seniors who are members of the Friends and live outside of Townsend. (Snow date: Saturday, January 31st)

Thursday, January 15th Foxwoods Trip This popular Foxwoods trip is open to all adults, so please invite your friends. The cost is \$28 per person, with reservations paid in advance. The bus leaves the Senior Center at 8:15am and returns about 6pm. Everyone will receive coupons for 'free play' and for the buffet lunch. Sign up is at the Senior Center or with Avis Roy at 978-597-6829.

**** The Friends' January Board meeting is Monday, January 5th, 4:00 p.m. at Town Hall. ****



Friends of the Townsend Seniors 2015 Membership Drive is Underway

Members of the Friends come from all age groups, and you don't have to be a Townsend resident to join! All you need is an interest in the doings of the Friends and a desire to support its activities. Membership Chairman, Peter Buxton reminds us it's time to renew~ or, become a new member!

2015 Friends of the Townsend Seniors Membership RENEWAL NEW MEMBER

_____ \$5.00 Friend _____ \$10.00 Family _____ \$25.00 Benefactor

\$_____ Supporter (any amount) _____ \$100.00 Lifetime Membership (Individual or Family)

Ways I am interested in contributing my time: _____ Phoning _____ Program Development _____ Fund Raising _____
Food (Prepare a main dish or dessert for an Event or Fund Raiser)

NAME: _____

ADDRESS: _____

PHONE: Home _____ Cell _____

EMAIL ADDRESS: _____

Checks payable to: Friends of the Townsend Seniors. Please return to the Senior Center, or Mail to: Friends of the Townsend Seniors attn: Membership, P.O. Box 972, Townsend MA 01469. Thank you for your continued support.

JANUARY 2015
Townsend Senior Center Events
Senior Center Hours:
Monday-Thursday 9:00-3:00
Friday 9:00-2:00


Mon

Tue

Wed

Thu

Fri

SENIOR CENTER 978-597-1710 Roadrunner 978-597-1730			1 SENIOR CENTER CLOSED HAPPY NEW YEAR!	2 SENIOR CENTER CLOSED
5 9:00 Hand & Foot cards 10:00 Chair Exercise 12:00 SHINE by APPT. 12:00 Lasagna 12:30 Qi Gong 1:00 Rummikub 1:00 Wii Bowling 1:15 Healthy Eating	6 9:30 Walking Club 10:00 Stretch & Tone 10:00 Jewelry Making 11:00 Reading w/ Ed West 1:00 Scrabble	7 10:00 Chair Exercise 10:00 Beg. Watercolor 12:00 Baked Chicken 12:30 Woodcarving 1:00 Bingo	8 9:00 Cribbage Tournament 10:00 Watercolor 10:00 Stretch & Tone 12:00 Spaghetti and Meatballs 1:00 Ping Pong 1:30 Yoga	9 9:00 Social Time 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Women's Meditation 12:00 Movie Matinee "Evita"
12 9:00 Hand & Foot cards 10:00 Chair Exercise 12:00 Grilled Chicken 12:30 Qi Gong 1:00 Rummikub 1:00 Wii Bowling 1:00 Polymer Clay Beads 1:15 Healthy Eating	13 9:30 Walking Club 10:00 Stretch N Tone 10:00 Jewelry Making 11:00 Reading w/ Ed West 1:00 Scrabble	14 10:00 Chair Exercise 10:00 Beg. Watercolor 12:00 Baked Ham 12:30 Woodcarving 1:00 Bingo	15 10:00 Watercolor 10:00 Stretch N Tone 12:00 Stuffed Cabbage 1:00 Birthday Party 1:00 Cribbage 1:00 Ping Pong 1:30 Yoga	16 10:00 Chair Exercise 10:00 Line Dancing 11:00 Women's Meditation 
19 SENIOR CENTER CLOSED Martin Luther King Jr. Day	20 9:30 Walking Club 10:00 Stretch N Tone 10:00 Jewelry Making 11:00 Reading w/Ed 1:00 Scrabble 1:00 Grief Support	21 10:00 Chair Exercise 10:00 Beg. Watercolor 12:00 Pork Roast 12:30 Woodcarving 1:00 Bingo	22 10:00 Watercolor 10:00 Stretch & Tone 12:00 Roast Pork 1:00 Cribbage 1:00 Ping Pong 1:30 Yoga	23 10:00 Chair Exercise 10:00 Line Dancing 11:00 Women's Meditation 12:00 Movie Matinee "High Society"
26 9:00 Hand & Foot 10:00 Chair Exercise 11:00 Chorus 12:00 Meatball Cacciatore 12:30 Qi Gong 1:00 Rummikub 1:00 Wii Bowling 1:00 Polymer Clay Beads 1:15 Healthy Eating	27 9:30 Walking Club 10:00 Stretch & Tone 11:00 Reading w/ Ed West 1:00 Scrabble	28 10:00 Chair Exercise 10:00 Beg. Watercolor 12:00 Chicken Marsala 12:30 Woodcarving 1:00 Bingo	29 10:00 Watercolor 10:00 Stretch & Tone 1:00 Cribbage 1:00 Ping Pong 1:30 Yoga	30 10:00 Chair Exercise 10:00 Line Dancing 11:00 Women's Meditation

NEWS FROM SHINE JANUARY 2015

Can I still change my Medicare Plan?

The 2014 Medicare Open Enrollment period ended on December 7th, but some people may still be allowed to change plans.

For those with a **Medicare Advantage Plan**:

Between January 1st and February 14th, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

If you want to take advantage of either of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process.

“SHINE’S MEDICARE AND MORE” PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched it website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine,leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

NEW PROGRAM.... We now have a group playing the Hand & Foot card game on Mondays beginning at 9:00 AM. It is very easy to learn and a lot of fun. Drop in any Monday morning to play with us.